



To whom it may concern,

I am writing this letter to recommend the services of Mark Wine and the Functional Muscle Fitness curriculum as it relates to my experience as Head Varsity Soccer Coach at De La Salle High School in Concord, CA. Coach Wine's program is truly the best that I have seen over my 20 years of coaching teenagers. He has brought out the best in our student athletes, both mentally and physically. His attention to detail and proper form have minimized injuries over the years. Mark takes the time to get to know our guys and develops professional relationships with them. They see him as a part of our team here at DLS.

I've experienced many different approaches to strength and agility training over the years. Coach Wine's methods have proven to be the most effective and I highly recommend his services. I look forward to many more successful seasons in the future with Mark.

Sincerely,

Derricke Brown
De La Salle High School
Associate Athletic Director
Head Varsity Soccer Coach